



## PUMPKIN, CANNED

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Code: A164

### PRODUCT DESCRIPTION

- Canned pumpkin is U.S. Grade A.

### PACK/YIELD

- Canned pumpkin is packed in 15 ounce cans, which is about 4 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened pumpkin in a cool, clean, dry place.
- Store remaining opened pumpkin in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Serve canned pumpkin heated, or use in a variety of soups, puddings, baked goods including pies, cookies, breads, and muffins.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of canned pumpkin counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2  $\frac{1}{2}$  cups of vegetables.
- $\frac{1}{2}$  cup of canned pumpkin provides 16% of the daily recommended amount of fiber and more than a day's worth of vitamin A.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (123g) canned pumpkin

#### Amount Per Serving

Calories	40	Calories from Fat	5
% Daily Value*			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 5mg			<b>0%</b>
<b>Total Carbohydrate</b> 10g			<b>3%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 4g			
<b>Protein</b> 1g			
Vitamin A 380%		Vitamin C 8%	
Calcium 4%		Iron 10%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**PUMPKIN SMOOTHIE****MAKES 6 SERVINGS****Ingredients**

- 1 can (about 15 ounces) pumpkin, chilled
- 1 can (12 ounces) evaporated low-fat milk, chilled
- 1 ½ cups orange juice
- 1 small banana, sliced
- ⅓ cup light brown sugar, packed (or ⅓ cup regular sugar)
- 2 dozen ice cubes (if you like)
- 2 teaspoons ground cinnamon (if you like)

**Directions**

1. Place pumpkin, evaporated milk, orange juice, banana, and sugar in blender.
2. Cover and blend until smooth.
3. If using ice, pour mixture over ice. If using cinnamon, add that too.

Nutrition Information for 1 serving of Pumpkin Smoothie					
<b>Calories</b>	160	<b>Cholesterol</b>	10 mg	<b>Sugar</b>	27 g
<b>Calories from Fat</b>	10	<b>Sodium</b>	70 mg	<b>Protein</b>	5 g
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	34 g	<b>Vitamin A</b>	560 RAE
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	26 mg
				<b>Calcium</b>	178 mg
				<b>Iron</b>	1 mg

*Recipe provided by [Verybestbaking.com](http://Verybestbaking.com).*

**PUMPKIN PEANUT BUTTER SANDWICH****MAKES 2 SANDWICHES****Ingredients**

- ½ cup canned pumpkin
- ½ cup creamy or crunchy peanut butter
- 4 slices whole wheat or white bread
- 1 medium banana, sliced

**Directions**

1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

**Note:** Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.

Nutrition Information for 1 serving of Pumpkin Peanut Butter Sandwich					
<b>Calories</b>	590	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	18 g
<b>Calories from Fat</b>	310	<b>Sodium</b>	560 mg	<b>Protein</b>	25 g
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	54 g	<b>Vitamin A</b>	480 RAE
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	11 g	<b>Vitamin C</b>	8 mg
				<b>Calcium</b>	106 mg
				<b>Iron</b>	4 mg

*Recipe provided by [Verybestbaking.com](http://Verybestbaking.com).*